LET ME HEAR YOU ROAR

Why Do Lions Roar? A Beginner’s Guide to Belonging, Boundaries, and Voice

ONE-PAGE REFLECTION · OPTIONAL · YOURS TO KEEP

Use one idea from the guide. You can write privately, skip a prompt, or use another communication method. No answers are sent to the website.

01 Notice

Lions use roars as communication; both sexes roar.

02 Choose

Presence, connection, and limits are human applications, not wildlife prescriptions.

03 Practice

What is one small action or sentence you would like to try? Choose a setting and a pace that work for you.

04 Find support

What support, information, or adjustment would make that next step more workable?

My next step: Try one comfortable expression of presence, connection, or a limit.

Educational reflection, not diagnosis or treatment. Choose what is useful and safe for you.